

Total Knee Replacement Checklist



REVIEW EDUCATION:

- ☐ Before, During & After Hip & Knee Replacement Surgery - Patient Guide
- ☐ Exercise Guide for Knee Replacement Surgery and practice exercises prior to surgery
- ☐ Pre-Op Education through OASIS program:
 - Osteoarthritis Service Integration System (OASIS):
[OsteoArthritis Service Integration System \(OASIS\) | Vancouver Coastal Health \(vch.ca\)](https://vch.ca/OsteoArthritis%20Service%20Integration%20System%20(OASIS))
 - OASIS Class Offerings: [OASIS class descriptions | Vancouver Coastal Health \(vch.ca\)](https://vch.ca/OASIS%20class%20descriptions)
 - [Early Preparation for Surgery Webinars](#)
- ☐ Any site-specific resources provided



EQUIPMENT PROVISION (MEPP LOAN, RENT, OR PURCHASE)

- ☐ Obtain + set up equipment prior to your surgery
- ☐ Practice using the equipment (getting on/off the toilet, on/off bed, in/out of the bathtub, and in/out of a vehicle)
- ☐ Temporarily label your name (masking tape/marker) on items brought to hospital.
- ☐ Have someone bring the required equipment to your hospital room or bring with you on the day of surgery



THERAPY EQUIPMENT TO BRING TO THE HOSPITAL

REQUIRED: WALKING AIDS	OPTIONAL: DRESSING EQUIPMENT <i>Bring if you use these to get dressed</i>	FOR SITTING
<input type="checkbox"/> 2 wheeled walker <input type="checkbox"/> Crutches <input type="checkbox"/> Cane	<input type="checkbox"/> Long handled reacher <input type="checkbox"/> Long handled shoehorn <input type="checkbox"/> Sock aide	<input type="checkbox"/> 4" high density cushion. Set this up ahead of time if needed





Prepare and Plan to manage both pain & swelling:

- ☐ Follow directions and keep a schedule for medications
- ☐ Have icepacks prepared ahead of time or obtain a cold therapy cooler (ie: CryoCuff)
 - Rentals (PG): MediChair 250.562.8280, PG Surg Med 250.564.2240
 - Purchase Amazon, PG SurgMed, MediChair, or local medical supply store
- ☐ Pace yourself but keep active by walking and doing home exercises



Home

- ☐ Remove tripping hazards and clutter
- ☐ Improve lighting such as adding a night light
- ☐ Prepare meals ahead of time



Support Post Surgery

- ☐ If you are a primary caregiver, make suitable arrangements in advance for your absence
- ☐ Confirm you have someone to assist you for the first 3 days at home



Transportation to leave (NH Bus, pick up by friend/family member, taxi, Handy Dart, accessible transportation)

- ☐ Confirm your ride home. If traveling in a car, use a cushion to maintain hip precautions